



# Sony MDR-XB450AP Extra Bass Headphones

## Cushion Replacement

This guide is to show how to replace the cushion component on the Sony Extra Bass headphones.

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## INTRODUCTION

This is a guide to show you how to replace the cushions on the Sony MDR-XB450AP headphones. Replace these if you are experiencing discomfort and/or if there is visible wear and tear to the cushions themselves.




### TOOLS:

- [iFixit Opening Tools](#) (1)
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## Step 1 — Cushion




- Begin by laying the headphones down flat on a surface.
- Make sure that the headphone speakers are facing upward.

 Be sure to check that the headphones are not plugged into any devices.

## Step 2



- Using the plastic opening tools, gently pry the speaker from the headphone's base.

 There will be some tearing involved, but this is necessary to remove the original cushion.

To reassemble your device, follow these instructions in reverse order.